



Cold Process Soap, Lip Balms, Lotion Bars & Salves

**Joli Winer
Spring Hill KS**

Definition of Soap

- Soap is a water soluble compound made by a reaction (called saponification) between caustic soda (sodium hydroxide-lye) with animal and/or vegetable fats (oils).
- Soap has surface active properties to wet a greasy or oily soiled surface and suspend the oil and dirt in the water for rinsing off.

Equipment

- Most important accurate scale
- Stainless steel pots and pans
- High heat spatulas
- Measuring spoons and cups
- Label with “soap”
- Good Thermometer-either top read or infrared thermometer
- Molds



Soap Molds



Basic Instructions

- Measure out all of your ingredients
- In a stainless steel pan place the oils & beeswax to melt at a low to medium temperature
- Either just before or just after add your premeasured lye (sodium hydroxide) to your water and stir until dissolved. **ALWAYS ADD LYE TO WATER-*NOT* THE WATER TO LYE**

Lye

- Keep your lye in a tightly sealed container-if it loses it umph it's no good



Wait

- When both have cooled to about the same temperature you'll combine them
- Recipes will have recommendations as to what the best temperature is
- I like it to be about 100°F
 - Even room temperature works well

Adding honey

- Add your lye/water to the oil mixture
- Stirring as you go
- I like to add the honey here so it gets incorporated
- Others add it at trace

Why Honey & Beeswax ?

- **Honey** is Hygroscopic. **Honey** has a hygroscopic nature, which means when exposed to air, it naturally absorbs moisture from the air.
... **honey** is a natural "**humectant**" as it attracts and retains moisture. This makes **honey** a natural fit in a variety of moisturizing products including cleansers, creams, shampoos and conditioners.
- Beeswax makes your bars harder so that they last longer
- “Every bar has honey and beeswax”

Trace

- Use your stick blender –never lifting it out of your bowl until your soap mixture reaches “trace”
- **Trace** is a point in the **soap making** process when oils and lye water have emulsified. Once the **soap** has reached thin **trace**, it will continue to thicken over time. Mixing lye water and oils together starts the saponification process.

Trace is thick like pudding-has a line that stays on top of the soap as you “trace” it



At trace the magic happens

- Add ingredients
 - Oatmeal, seeds, mint, coloring, herbs
 - Fragrance oils or essential oils
 - Pour into the molds
 - Cover to keep warm-with a towel

Remove from molds

- 48-72 hours
- Let sit for a day
- Cut if using a bar mold
- Set it to cure for at least 30 days

Curing the Soap

The **soap** needs to **cure** for four to six weeks. During this time the water used in the recipe evaporates. **Cured soap** has a firmer texture and lasts longer in the shower.

While **curing, soap** should be stored in a cool, dry and well ventilated space.



Wrap and label as needed

- Your soap continues to evaporate water so continues to shrink



Lotion Bars & Lip Balms

- Measure ingredients
- Melt them in a double boiler
- Remove from heat-add fragrance
- Let cool
- Pour into molds, let cool
- Voila!
- Put in tins or tubes or jars & label

Melting



Bee Molds



Pour into molds-none of fit the tins



Put in freezer-then tins-Fabric in Tins



Selling & Sampling



Nail Butter

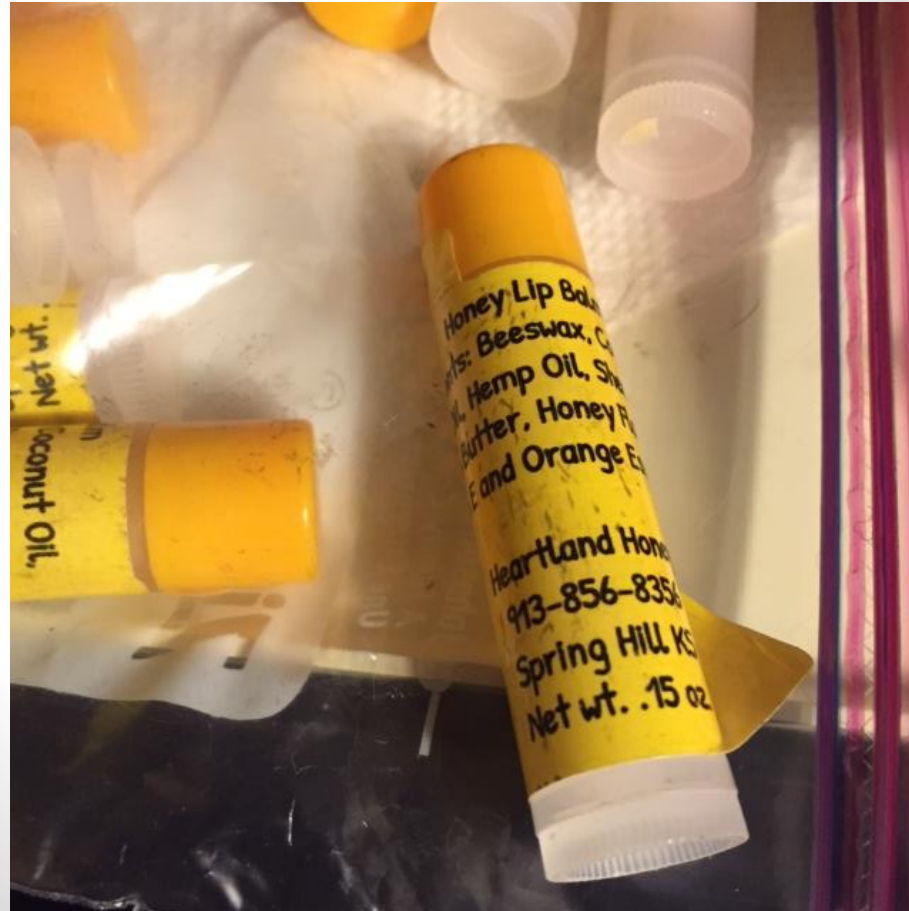
- The nail butter has honey in it so you have to stir it until the honey is incorporated into the oils



Pour



Lip Balm-labels



Nice Colorful display



Labeling and Packaging

- Think of something unique and stick with it
- Have an attractive label-get feedback from others
- Have an attractive display

What should be on the labels

- What it is
- Ingredients
- Weight
- How to get more

